



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Minutes

July 26, 2016 10:00am - 11:30am
Columbus Public Health, Auditorium

Attendees:

CPH Access to Care	Emily Fisher
Action for Children	Keith Wollenberg
CPH Creating Healthy Communities	Katie Stone
CPH Creating Healthy Communities	Dana Dorsey
CPH Healthy Children Healthy Weights	Alyssa Dorsey
CPH Healthy Children Healthy Weights	Ali Segna
CPH Healthy Children Healthy Weights	Hannah Bills
CPH Institute for Active Living	Barb Seckler
CPH Strategic Nursing	Bob Holomuzki
Franklin County Public Health	Kristin Peters
Mid-Ohio Foodbank	Amy Headings
Moms2Be	Carmen Clutter
Mount Carmel Church Partnerships	Kate Whitman
Nationwide Children's Hospital	Megan Gorby
OSU Extension	Carol Smathers
OSU Extension Franklin County	Jenny Lobb
OSU LifeSports	Luke O'Quinn
Personal Fitness Navigators	Ricardo Wilson

2016 STEERING COMMITTEE MEMBERS:
Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children's Hospital
Mark Haynes, Children's Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Jamie Turner, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Growing Healthy Kids Columbus is facilitated by Columbus Public Health - www.publichealth.columbus.gov

10:00am – 10:30am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Update
Ali Segna, GHKC	Still taking organization names to add to the Advocacy Letter. Please send organization name and approval to Ali.
Hannah Bills HCHW	HCHW received funds from Medical Mutual grant to provide 10 child care centers with a garden kit to incorporate gardening into the curriculum at the center.
Jenny Lobb, OSU Extension Franklin County	Local foods week is Aug 7-13. Jenny distributed calendar of events for the local foods week. Offering a canning tomatoes workshop on south side and dining with diabetes on south side in August.
Ricardo Wilson, Personal Fitness Navigators	Promotes general fitness for kids and families as a group. Many families are now bringing their kids to exercise as well.
Alyssa Dorsey, HCHW	HCHW is a part of the Healthier Buckeyes grant which is focused on 43223 Franklinton area. HCHW will be recruiting the 15 child care centers in the zip code to work with over the next year.
Kristin Peters, Franklin County Public Health	Hearing back from food service directors at child care centers, trying to start farm to child care. In discussion with ODE and team nutrition grants.
Carmen Clutter, Moms2B	Moms2B has locations at Weinland Park and Near East, hoping to open site in Linden and Hilltop soon.
Carol Smathers, OSU Extension	Jenny and Carol worked on project with 7 different states about coalitions. Final stages of creating online module about best practices for coalitions. Proposal to present session at 9 th Biennial childhood obesity conference about the successes of the Coalition with Ali Segna.
Megan Gorby, Nationwide Children's Hospital	MyHealth Family Fit series is being held the second Saturday of June, July, August and September at Livingston park from 10 – 11am. It is a one hour walk for families to learn about nutrition, similar to walk with a doc. NCH is working with Barb Seckler from Institute of Active Living to offer produce prescription vouchers at farmers markets.
Dana Dorsey, Creating Healthy Communities	New resource for worksite wellness.
Katie Stone, Creating Healthy Communities	Farmers Market July 28, August 4, August 11 at Columbus Public Health. Reapplying for CHC grant.
Emily Fisher, Access to Care	Met with HCHW to get info about Access to Care to childcare centers, working on developing materials to distribute to child care centers.
Bob Holomuzki, Strategic Nursing	Focus on south side for health promotion/education about healthy living to all ages.
Barb Seckler, CPH Institute for Active Living	Farm to Table event on August 11. Medical Mutual grant to provide garden kits to 10 child care centers in collaboration with HCHW. Produce Prescription continues with collaboration with OSU Extension.
Kate Whitman, Mount Carmel	No Updates

Amy Headings MOF	Buy \$5 get \$10 worth of fruits/veggies at South Side Roots at 280 Reeb.
Keith Wollenberg, Action for Children	New Beginnings for New Fathers is a 5 year grant serving young fathers age 15-25 with parenting, relationship building, financial, and interviewing information.
Luke O'Quinn, OSU Life Sports	Finished 600 child summer camps recently. Scheduling school year clinics on the weekend. Luke has been tasked to come up with new ways to provide healthy meals.

10:30-10:35 am Pay-it Forward Award Winners

Postponed until August

10:35am – 10:55am Levels of Community Change Game

Carol Smathers

Group played *Levels of Community Change Game* created by OSU Extension as a way to teach teenagers about the socioecological model. The game contains scenarios on real life situations. Players work together in teams to decide if the scenarios are at an individual, social/group, organization, or policy/system level then aim for that target.

Questions asked to the group:

1. Why was the biggest target the “individual” level but least amount of points? It is easy to talk to a person one on one but doesn’t have as wide of an impact as “policy” level.
2. Why is the line to stand on moved closer and closer to the board? This reinforces that over time we come closer to achieving our goals through education and awareness.

10:55am – 11:00am Activity Break

Ricardo Wilson

11:00am – 11:10am Scorecard Edits

Ali Segna and Carol Smathers

- Healthy Snack and Breakfast: change i.e. (“that is”) to e.g. (“for example”).
- What about casseroles/quiches that contain vegetables, but likely not enough for everyone to receive a full serving? – Instead of listing portion sizes we will outsource it to myplate.gov for users to find additional information. We need to keep the cards simple.
- Include “Activity break” as part of the agenda or listed on the schedule
- Don’t list sodium/fat because someone using the card may not know the contents of the dish, only the prep person will know. Instead add a sentence: “that if planning a meal look for ...(low sodium, no salt added, 100% juice, water, etc.) listed on the package”.
- Plan to outsource for more information for each of the food groups.
- Add a sentence about what is a whole grain, such as “look at the first ingredient to say whole’.”

Ali will make above changes and send the documents to the communications department to format and make pretty. Hopefully final copies will be available by the next meeting.

11:10am – 11:15am Breaking News

Ali Segna

Eating more fruit and vegetables can substantially increase happiness levels

University of Warwick research indicates that eating more fruit and vegetables can substantially increase people's later happiness levels. Happiness benefits were detected for each extra daily portion of fruit and vegetables up to 8 portions per day. The researchers concluded that people who changed from almost no fruit and veg to eight portions of fruit and veg a day would experience an increase in life satisfaction equivalent to moving from unemployment to employment. The well-being improvements occurred within 24 months.

Can Marketing Tactics Help Sell Vegetables to Kids?

While junk food marketing in schools has long been a concern of public health and child advocates, a new study, published in Pediatrics, shows similar tactics may be beneficial in encouraging kids to make healthy choices.

Researchers utilized strategically placed banners and television spots featuring cartoon vegetable characters with “super powers” to study the effects of these marketing tactics on elementary school students. They found that in schools where the banners alone were present, 90.5 percent more students took vegetables- and in schools where both the banners and the TV advertisements were used, the number of students taking vegetables increased by 239.2 percent.

USDA Issues Final Rules Supporting Healthy School Snacks and Wellness Policies

The U.S. Department of Agriculture released two final rules last Thursday, July 21, that schools must continue to meet strong nutrition guidelines for snacks sold to kids and also will prevent marketing of foods and drinks inconsistent with those standards (aka Smart Snacks and the Local School Wellness Policy rule).

11:15am-11:30am Artificial Sweeteners: Part 3

Ali Segna

Part 3 included a recent study about Sucralose promoting food intake in flies and mice, number of products containing non-nutritive sweeteners, and examples of products that contain non-nutritive sweeteners. The full presentation can be viewed in the 2016_7_26_GHKC Meeting Presentation.

Homework: Please bring additional suggestions on where to send the advocacy letter.

Next Meeting: August 30, 2016, 10:00am-11:30am Columbus Public Health, Auditorium